



Wellness Promotion

**Community Health Nursing
Schofield Barracks & Tripler Army Medical Center**

Why Health Promotion and Chaplain Ministry?



Same goal: *to promote a healthy life*



So....What is Health Promotion?

- Partnership building with soldier and family
- Inform and educate about health risk factors
- Enable the soldier and family to make health choices



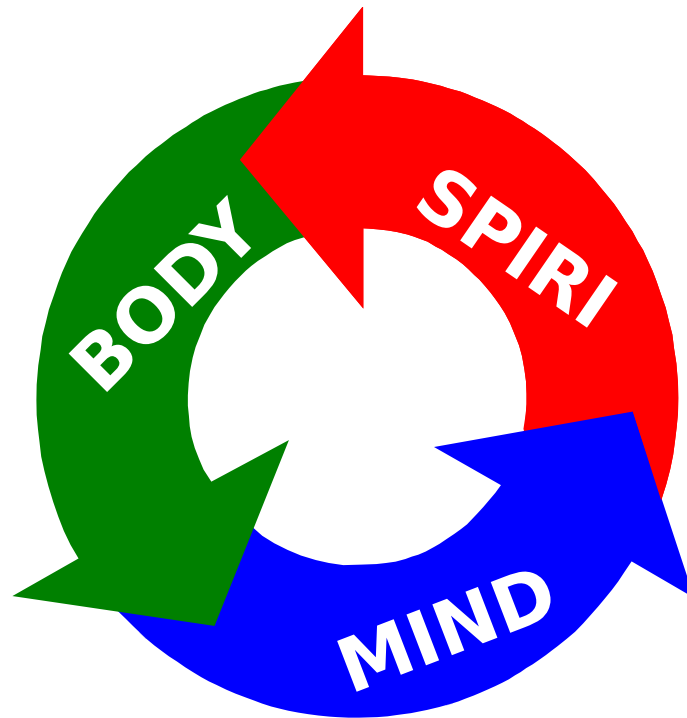


True or False?

Being “**healthy**” means you don’t have an illness or disease.

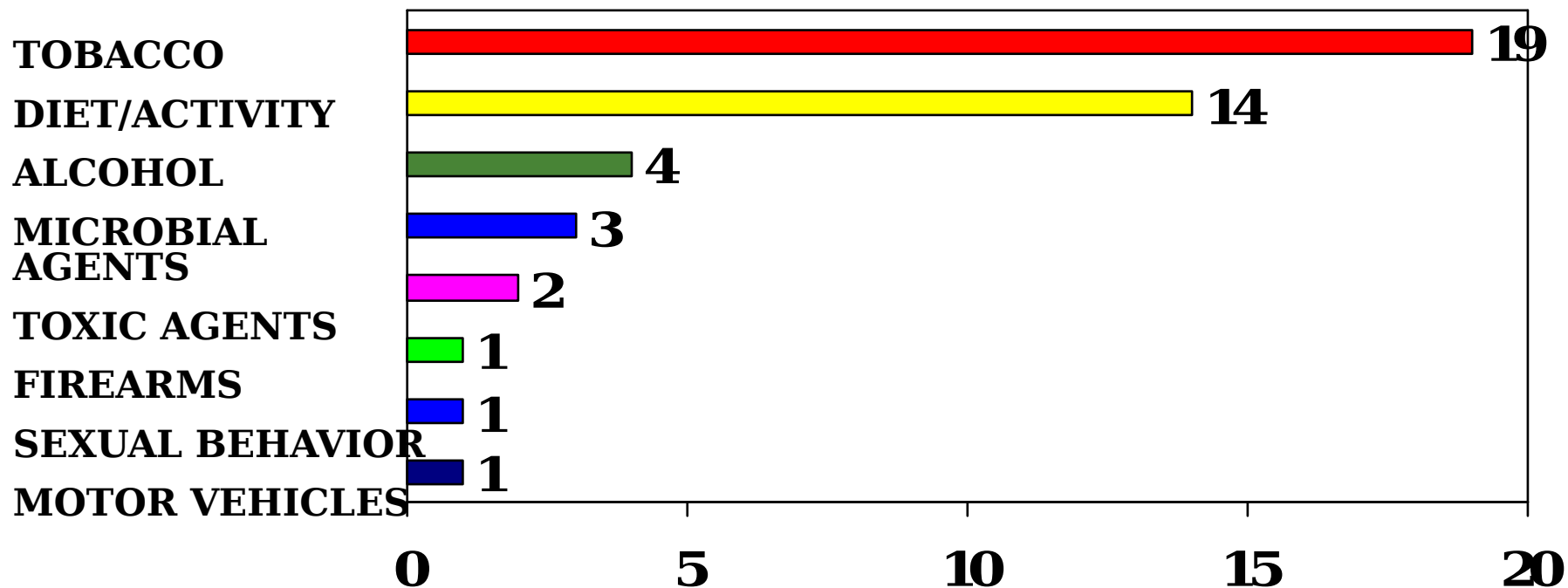
FALSE

Health is a balanced state of
well-being involving
harmonious interaction of





What causes death?



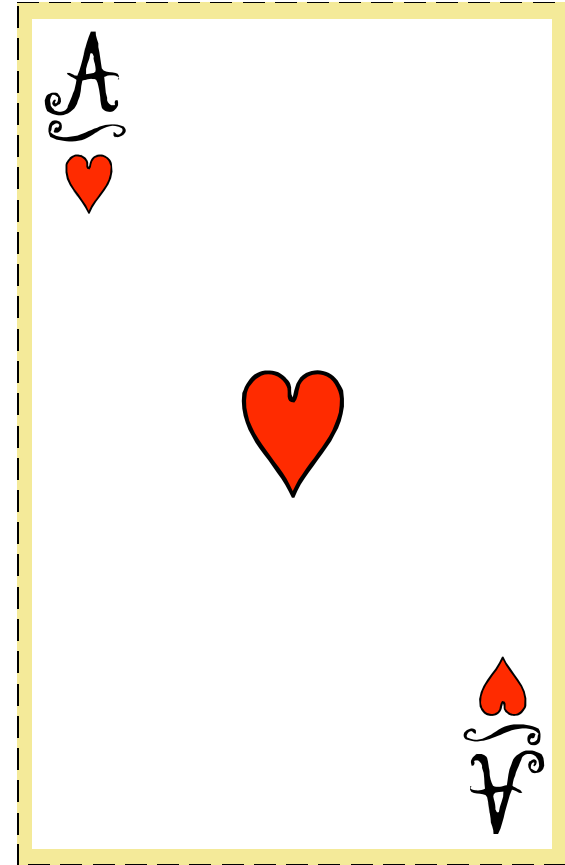
Percentages of Deaths Attributed to Risk Factors



The ACE Study (1998)

A study was done that looked at how bad experiences and poor behaviors in early life lead to ill health in later life.

Your behaviors today **WILL** affect your health tomorrow.



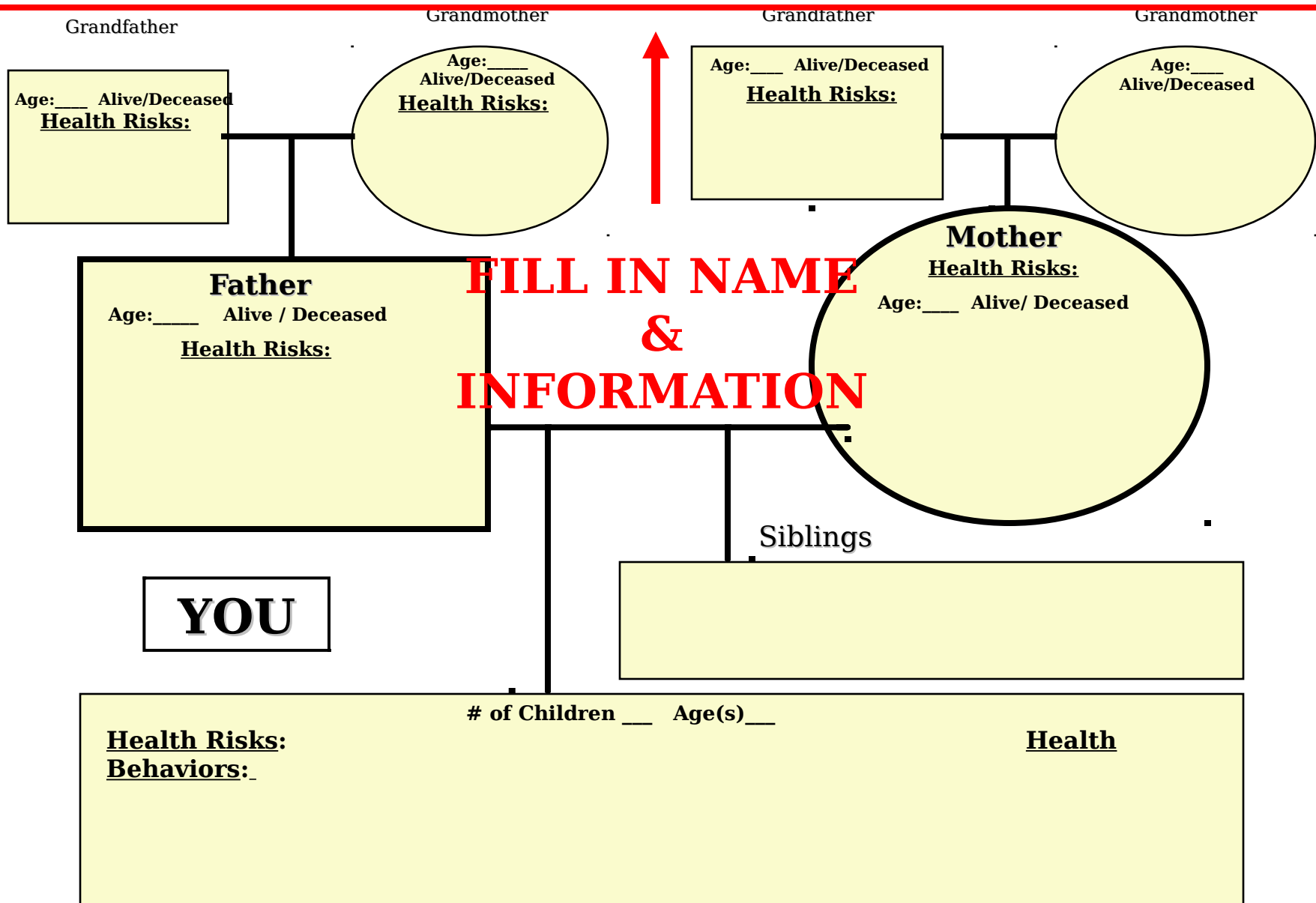


Family Genogram

- Will help you visualize how your past might affect your behaviors today.
- Look back to your parents and grandparents and see what behavior patterns, if any, exist in your family.



Name _____ Date _____ Sex: _____ Age: _____ Marital Status _____ Active Duty? Y _____ N _____



YOUR FAMILY HEALTH PROFILE

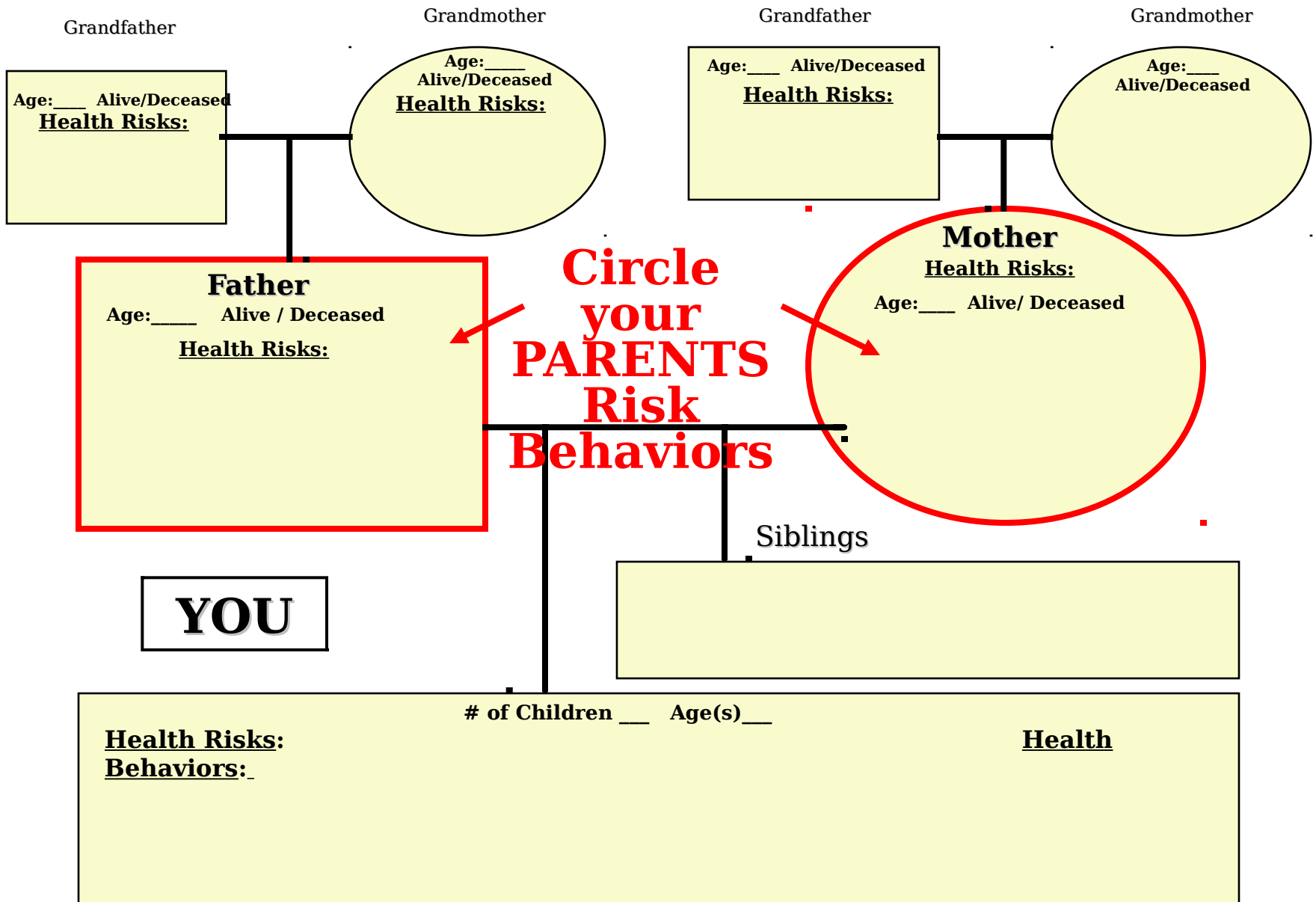
Date ____

Sex: ____

Age: ____

Marital Status ____

Active Duty? Y



YOUR FAMILY HEALTH PROFILE

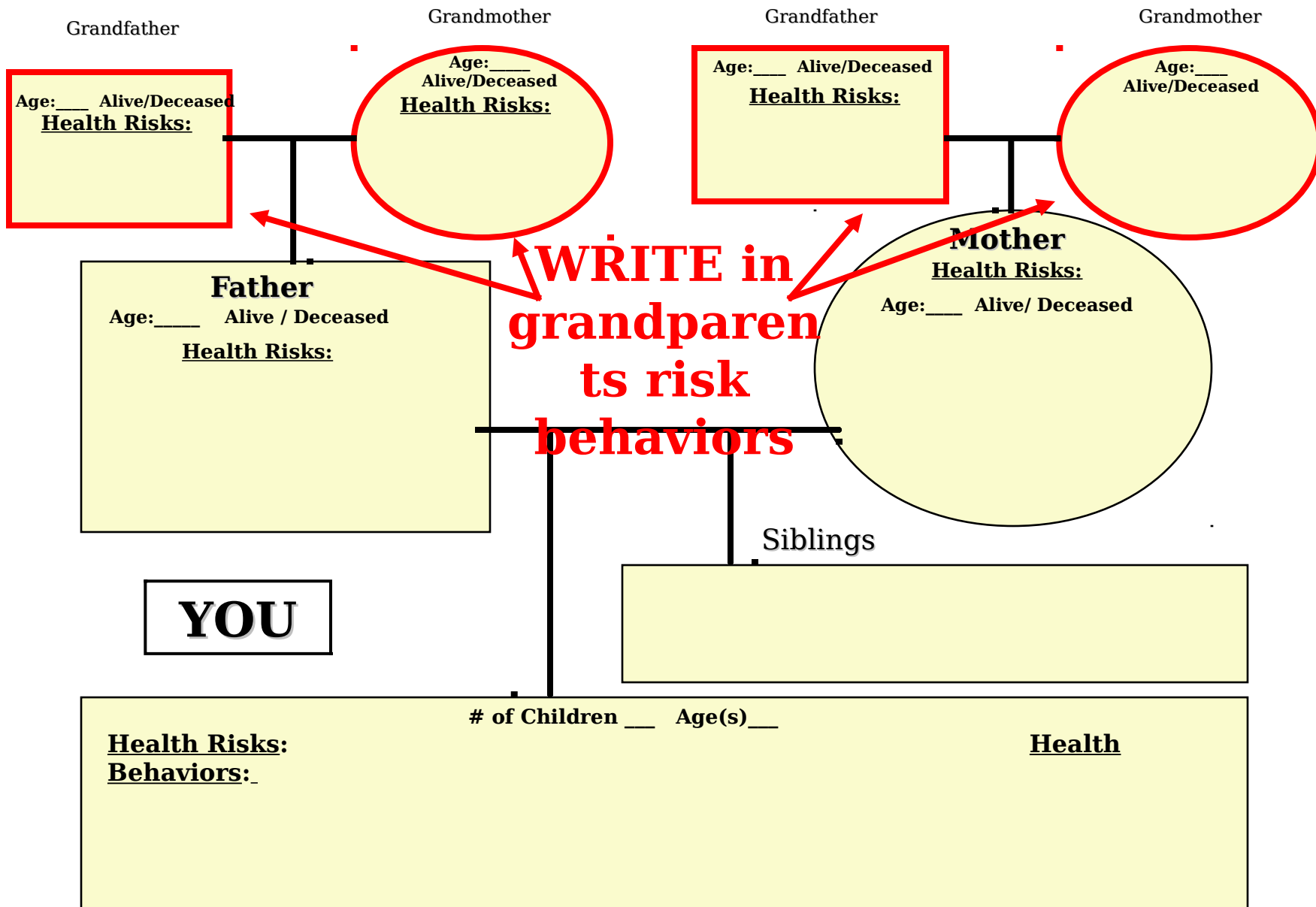
Date ____

Sex: ____

Age: ____

Marital Status ____

Active Duty? Y



YOUR FAMILY HEALTH PROFILE

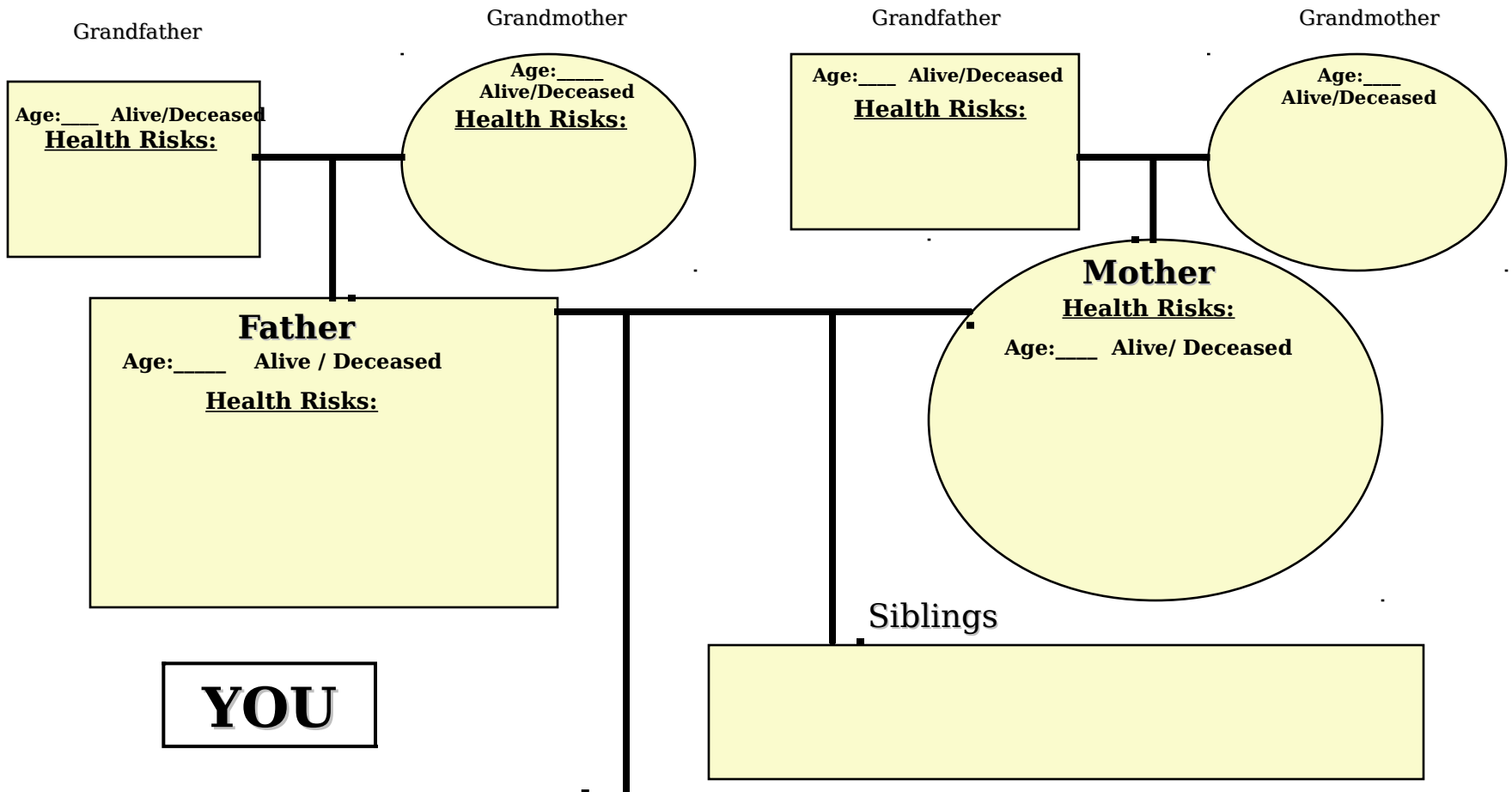
Date ____

Sex: ____

Age: ____

Marital Status ____

Active Duty? Y



of Children ____ Age(s) ____

Health Risks:
Behaviors:

Health

**Complete Section on YOUR
behaviors**



What are your risks?

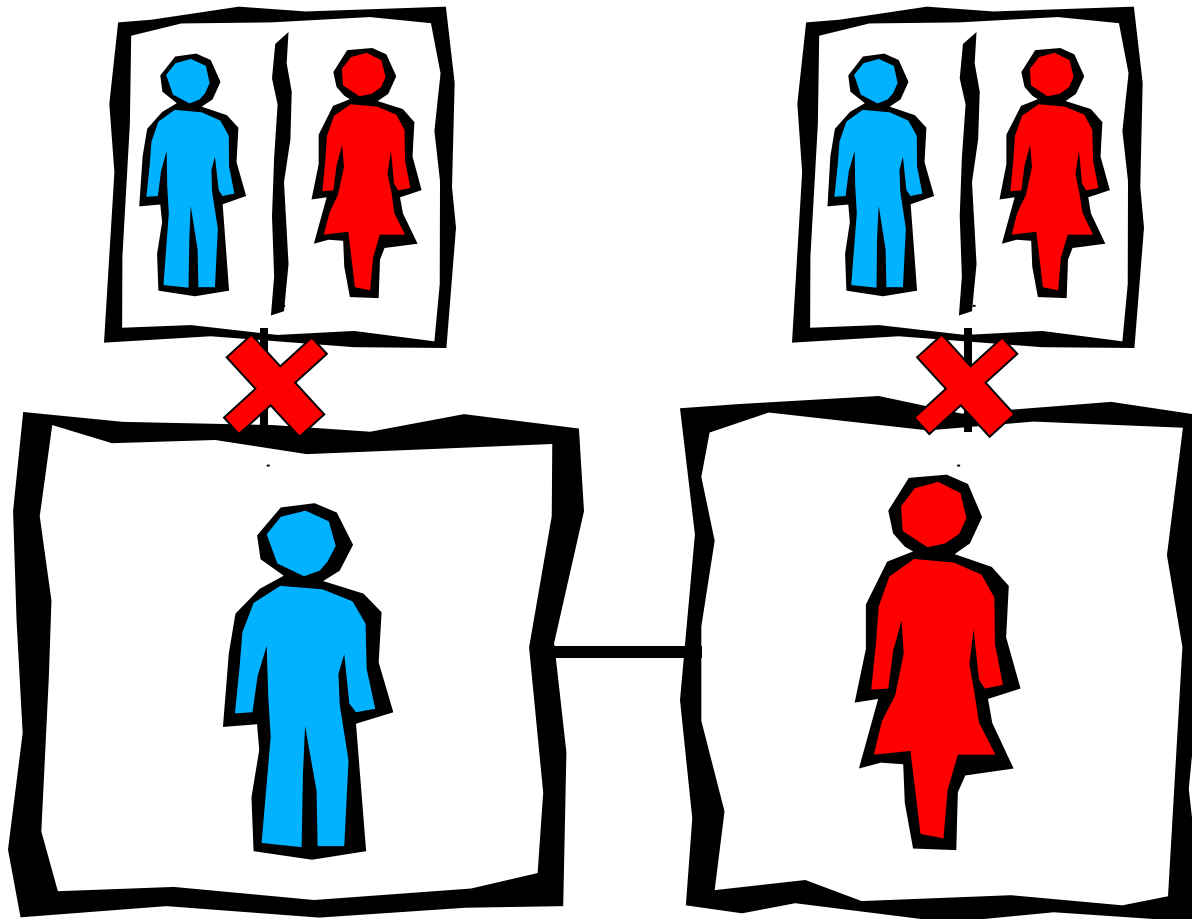
- Tobacco Use
- Alcohol Use
- Drug Use
- Nutrition
- Stress
- Reproductive Health
- Safety
- Family Violence
- Communication Style
- Spirituality
- Fitness
- Quality of Life



Do you see any behavior patterns?



You CAN break the Cycle!





What are you willing to
Change?



What is Next?

Level 2 Training

- * Computerized HEAR survey
- * Fitness Analysis (BP & Body Fat)
- * Personal Meeting with Nurse
- * Arrange Education and Referrals to Health and Wellness Programs (as needed)

